

school health update

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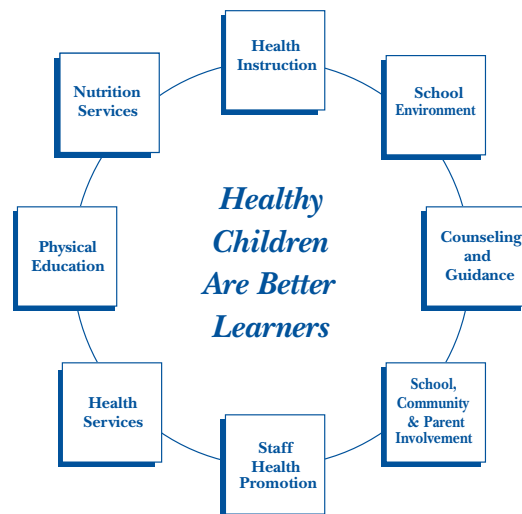
One copy of the
UPDATE is mailed to
each school district.
Please copy this
newsletter and share
it with the other
nurses in your district.

Coordinated School Health Chat Room

The Coordinated School Health (CSH) Coalition will host its 2004 conference, "Creating a Healthy School Environment," on November 11-13, 2004. The Call for Presentation Proposal Form can be accessed through the Department of Elementary and Secondary Education Web site: www.dese.mo.gov/divimprove/curriculum/conference/cshcCallforPresentationsForm.pdf or by contacting Ken Steiner at: steineraa@aol.com.

You will notice the conference date is earlier than last year, and the location has changed. The Country Club Plaza Hotel and Spa at the Lake of the Ozarks offers participants an elegant space for meetings as well as an opportunity to room in teams. The Country Club Plaza Hotel and Spa is offering two- and three-bedroom villas for the price of \$89 per person and hotel rooms for \$89 per night. The villas will allow for four or more people to stay together in a group facility that is equipped with a full kitchen and two full bathrooms, one which includes a Jacuzzi tub. If, after the conference, you want to extend your stay until Sunday, the conference rate of \$89 will still apply.

We hope that many districts will take the opportunity to bring several representatives from their local CSH coalition to this conference. Another exciting feature of this year's conference is that the Missouri Association of Health, Physical Education, Recreation and Dance (MOAHPERD) is hosting its state convention at the Lodge of the Four Seasons the same weekend. This will provide a great opportunity for health educators, physical educators, school nurses and administrators to get together and coordinate their district efforts for developing a healthy learning environment based on the components of the CSH model.



Show-Me Body Walk Exhibit

A new Show-Me Body Walk exhibit, with a new design and program, will be on the road in August 2004. Please visit our Web site at www.mofitness.org/BodyWalk/index.htm to learn more about the program and to complete a registration form. A representative of Southwest Missouri State University will contact you after receiving your registration. For more information, please call the Governor's Council on Physical Fitness and Health at 573-751-0915.

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SHAPE UP MISSOURI/ Walk Across Missouri Program

The SHAPE UP MISSOURI! Program, developed by the Governor's Council on Physical Fitness and Health and promoted by the Missouri PTA and the Missouri National Education Association, began on September 8, 2003, and had a component – Walk Across Missouri – that ended March 26, 2004. The program challenged Missourians to be more physically active by encouraging them to incorporate at least 20 minutes of physical activity three times each week into their lifestyles. The winning community, with the highest percentage of their registered participants reporting weekly, was West Plains, and the school in the “best shape” was South Callaway R-II. The following students reported the highest number of miles walked during the seven-month program:



- Kindergarten: Logan Taylor – 1,219 miles; Kennedy Baker – 1,097 miles
- First Grade: Luke Horstman – 2,137 miles; Terry Miles – 950 miles
- Second Grade: Tommy Day – 1,512 miles
- Third Grade: Skyler Jesse – 1,489 miles
- Fourth Grade: Miranda Adams – 1,683 miles; Emma Clardy – 1,565 miles,
Avery Peneston – 1,020 miles; Kelly Miles – 1,161 miles.

Although Hickory County R-1, Skyline Elementary did not begin the program until January 2004, the following students demonstrated outstanding effort during their twelve weeks of participation: Chelsea Mulkey, Colson Kirk, Emily Mulkey, Sean Mulkey, and Brittney Abel.

The Governor's Council congratulates all 39 schools with over 12,000 registered students who made Walk Across Missouri a tremendous success. Please check out the SHAPE UP MISSOURI!/Walk Across the Mid-West website at www.mofitness.org/shapeupmo.htm after July 1. Our second annual event will kick off on September 13 and conclude on November 5. Register your school by completing the online form after July 1.

Missouri's schools reported in 2000-2001 that 21.5% of 5-11 year olds measured and 22.7% of 12-19 years olds measured were overweight. Missouri ranks ninth in the nation for prevalence of obesity. Physical activity can help resolve this problem. Please encourage your school and community to participate in SHAPE UP MISSOURI!/Walk Across the Mid-West this fall.

Bicycle Helmet Safety

Research has shown that 85 percent of bicyclists' head injuries can be prevented by wearing a bicycle helmet. Each year, about 567,000 people go to hospital emergency rooms with bicycle-related injuries; around 350,000 of those injured are children under 15. Of those children, approximately 130,000 sustain brain injuries. Between 70 and 80 percent of all fatal bicycle crashes involve brain injuries. About half of all bicycle riders in the United States regularly wear bicycle helmets. Universal use of helmets could prevent one death every day and one brain injury every four minutes. For more information, go to the Brain Injury Association of America Web site at: www.biausa.org.

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SPRING 2004

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Bullying Prevention Campaign

The Department of Health and Human Services (HHS) has launched a campaign called “Take A Stand. Lend A Hand. Stop Bullying Now!” The campaign is designed to stop bullying, including verbal or physical harassment that occurs repeatedly over time, that is intended to cause harm, and that involves an imbalance of power between the child who bullies and the child who is bullied. Among boys, bullying typically involves pushing, shoving, and other forms of physical intimidation. Girls tend to bully through gossiping, social exclusion, and verbal teasing, but boys frequently engage in these forms of bullying as well.

The “Stop Bullying Now!” campaign includes a Web-based, animated story featuring a cast of young people who deal with bullies in the classrooms, hallways, and grounds of a middle school. With help from teachers, parents, and other adults, the bullied characters get support from fellow students who step up to make it clear that bullying is “not cool.”

In addition to the animated “Webisodes,” which will be updated every two weeks at www.stopbullyingnow.hrsa.gov, the campaign will feature television and radio public service announcements distributed through the National Association of Broadcasters (NAB) member stations. The campaign Web site also offers camera-ready print public service announcements and a Resource Kit about bullying prevention programs and activities that can be implemented at the school or community level. The Web site and Resource Kit also provide tools to help in handling individual bullying problems and for creating bullying prevention programs.

For more information on “Take A Stand. Lend A Hand. Stop Bullying Now!” go to www.stopbullyingnow.hrsa.gov, or call 1-888-ASK-HRSA.



Comprehensive Sex Education Conference

Kansas City will host a conference on abstinence-only and comprehensive sex education. “Bridging The Gap Between Abstinence-Only and Comprehensive Human Sexuality Education” will be held June 9–11, 2004, at the Kansas City Airport Hilton. The conference is appropriate for school faculty and staff, public health personnel, members of community-based organizations, and members of religious organizations. Registration is \$225 until May 15 and \$275 after May 15. The conference is sponsored by the education departments of Iowa, Kansas, and Missouri and by the health departments of Kansas and Missouri.

For more information, contact Kevin Miller at 573-751-3805 or by e-mail at: kevin.miller@dese.mo.gov.

HIV Education Grants

Grants of up to \$3,000 are available to help schools develop and implement effective HIV prevention education for school-age youth. The grant period is August 1, 2004, to March 31, 2005, and the application deadline is June 30, 2004. To receive an application, contact Tawanda Edwards at 573-751-3483 or tawanda.edwards@dese.mo.gov. Please note that these grants are not for abstinence-only education.

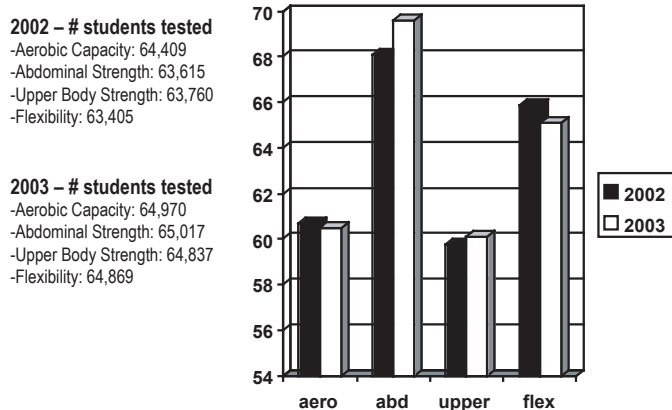
VERB “Anytime Doubletime”

Anytime Doubletime is a 10-day program designed for middle-school teachers to increase the number of hours tweens are physically active before and after school. Using this program, tweens will have a great time becoming more active with new twists on old games. With Anytime Doubletime, two VERBs make one new game – any time!

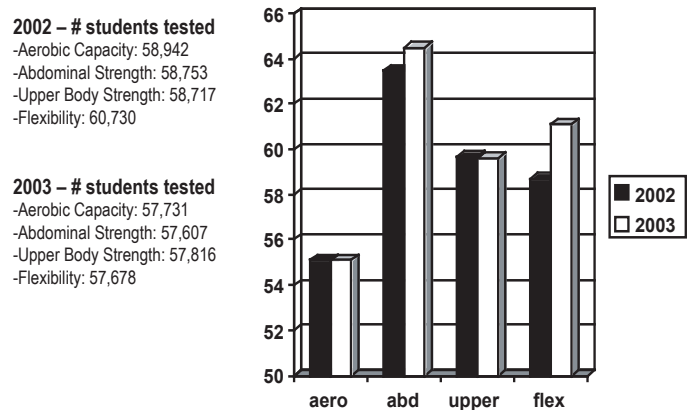
Teachers who participate in Anytime Doubletime this spring have an opportunity to win a \$1,000 grant to support their school’s physical education program. The free, ready-to-use materials can be viewed and ordered at: www.cdc.gov/youthcampaign/materials/AnytimeDoubletime.htm.

State Fitness Data

State Fitness Results – Percent of 5th-grade students who scored at or above Healthy Fitness Range



State Fitness Results – Percent of 9th-grade students who scored at or above Healthy Fitness Range



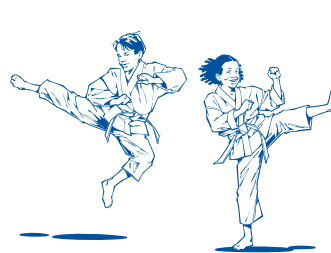
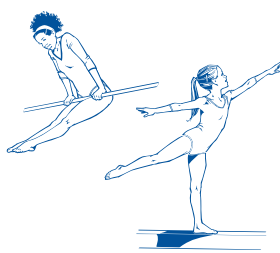
The graphs above show the fitness scores for each of the four health-related fitness components for the 5th- and 9th-grade Missouri students tested in 2002 and 2003. The Missouri Physical Fitness Assessment was used to test all 5th- and 9th-grade students in Missouri who were enrolled in a physical education class and the data was collected through screen 17 of the June cycle of Core Data.

The graphs show that, in the past two years, 5th-grade students show a slight improvement in the area of abdominal strength and upper body strength, and 9th-grade students show improvement in the area of abdominal strength and flexibility.

However, more than 25 percent of all 5th- and 9th-grade students tested cannot meet the minimum requirements for health-related fitness in one or more of the four fitness categories. Also, there is a decrease in fitness levels in all fitness categories from 5th to 9th grade.

Students will not reach their potential if they are not fit and healthy. Schools can be a part of the solution to improve the fitness level of our children by changing the school environment to encourage healthy behavior. Increasing the amount of physical activity during the school day as well as improving the quality of health and physical education programs is one way schools can help to improve the fitness level of all children.

Research supports the idea that healthy active students are more successful. Work with your local Coordinated School Health Coalition to find ways to improve student health and fitness by providing ample opportunity for physical activity in school, as well as after school and in the community. Use your local fitness data and other available health information to determine strengths and weaknesses and to gauge improvement. Coordinated efforts to improve the school environment for fitness and health will give students the best chance to reach their academic potential.



New Information on Medicaid/MC+ Programs

As we await the 2004 Missouri legislature's final decisions about possible revisions to Medicaid/MC+ programs, one change seems fairly certain. Caseworkers in Family Support Division (FSD – formerly DFS) county offices will be required to do annual income and eligibility verification reviews for Medicaid/MC+ recipients. The impact of reviving this policy could have a profound affect on Missouri families. A comprehensive education effort for families – and the community-based agencies that serve them – will be needed to assure that large numbers of eligible Medicaid recipients do not lose coverage due to procedural reasons, i.e., not returning the proper paperwork. This may pose issues for the children in your school or district who are relying on aid from Medicaid/MC+ funds for their health care. Because of your close relationship with children who have health problems and with families on Medicaid/MC+, you can be enormously helpful in the education effort.

In the past, annual reviews were performed, but because of decreased staffing levels at FSD offices during the last several years, caseworkers were allowed to give annual reviews a lower

relative priority. The result is approximately 98,000 overdue reviews and a rising concern among legislators that many people receiving

Medicaid/MC+ may no longer be eligible.

The MC+ Statewide Coalition also has concerns, but of a different nature. We worry about eligible recipients either not getting the renewal letter due to “address issues,” or just not opening and responding to it. If FSD

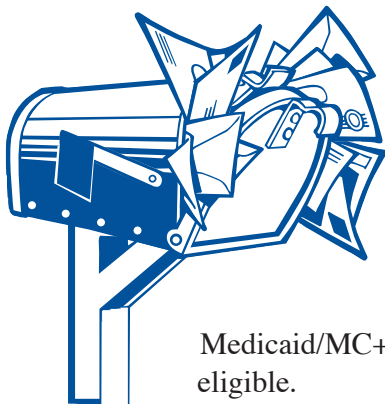
can't complete the review process after several notices, eligible recipients could lose Medicaid/MC+ coverage for procedural reasons. For the reasons just mentioned, many of them may not be aware coverage has been lost.

Here is a possible scenario:

- For whatever reason, a parent fails to comply with the annual review procedure for an eligible child. The child loses coverage, but the parent is unaware of this.
- The parent goes to the pharmacy to get their child's asthma or ADHD medicine.
- The pharmacy staff informs the parent that the child no longer has Medicaid/MC+ coverage.
- The parent has to pay out-of-pocket for the prescription, if they can.
- The child remains uninsured, and possibly unmedicated, for up to a month, until the parents complete the reapplication process.



As the Coalition and the Department of Social Services develop education strategies to address the renewal process we will pass that information on to you so you have the information to pass on to the eligible Missouri families who should retain Medicaid/MC+ coverage. If you have further questions please contact: Lane DePrima, MPA, Program Manager, Health Outreach and Community Relations, Project Director, RWJ Covering Kids & Families, MC+ Statewide Coalition, Missouri Primary Care Association, by e-mail at: ldprima@mo-pca.org.



**MARK YOUR CALENDAR**

May 1-2	Missouri Association of School Nurses Conference: Holiday Inn Select Executive Center, Columbia. Contact GenieDrown at jgdrown@mail.hallsville.k12.mo.us .
June 9 –11	“Bridging the Gap between Abstinence-Only and Comprehensive Human Sexuality Education” Workshop: Kansas City Airport Hilton. Contact Kevin Miller at 573-751-3805 or kevin.miller@dese.mo.gov .
November 11-13	Coordinated School Health (CSH) Conference: Country Club Hotel and Spa, Lake Ozark. Contact Ken Steiner at steineraa@aol.com to request a Call for Presentation Proposal or registration information.
November 12-14	Missouri Association of Health, Physical Education, Recreation and Dance (MOAHPERD) State Convention: Lodge of Four Seasons, Osage Beach. Contact Jim Herauf at jmahperd@asde.net for registration information.

FYI – Annual 2004 National Events Concerned With Health

February	American Heart Month
March 6	National Sportsmanship Day
April 20-29	National Dance Week
April 24-29	TV Turnoff Week
May	Project ACES (All Children Exercise Simultaneously). For information, go to: www.projectaces.com/http .
May	National Physical Fitness and Sport Month
May (3rd Wednesday)	National Employee Health and Fitness Day
May 4-11	National Safe Kids Week. For information, go to: www.safekids.org/
May 28	Senior Health and Fitness Day. For information, go to: www.fitnessday.com/senior/index.htm
June	National Safety Month
December 8	Hands on Health Annual Conference in Jamesburg, New Jersey

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